

**Testimony of Margaret Adams**  
**Appropriations Committee**  
**February 16, 2017**

Dear Members of Appropriations:

Hi I am Meg Adams, I am 70 years old and I live in North Haven. I have been an advocate for the disabled in the New Haven area for 50 plus years. I am here to support the restoration of funds for independent Living centers.

In 2003, I had a nervous breakdown with medication complications, and I voluntarily admitted I could no longer take care of myself. My family put me in a small nursing home in Wallingford. I was not aware that part of my family had decided that is where I would spend the rest of my life.

My youngest sister, Joan became my conservator. She found a social worker who saw me and could tell I had been given the wrong drug as I was almost catatonic, very unlike me. The MSW had me weaned off the offending drug and within two years or a little more I was considered well.

When I voiced my wish to go back to my home, I found out that I had no home to go home to. My sister Joan worked with the Independent Living Center in West Haven. The Center helped me to get on.

Trying to convince some of my family members that I could be well cared for and live independently outside of the nursing home was difficult.

At that time nothing would convince those family members who feared the worst. Nine years later, with the help of the Center, I fought those family members in Probate Court for a non-family member to become my conservator, and I won the right to choose my conservator and also to choose how I wanted to live my life.

I owe it all to the ILC which is still helping me with a few things. I am living on my own with a caregiver. I have my own life doing what matters to me.

I have lost 60 plus pounds in a little over a year, I have less stress, and I am less depressed,. I am no longer around dying people all the time, I do interesting activities which I enjoy and enjoy helping others when I can. I love my "new" home. I love my life now which was not the case in either nursing home. I have a future again.

Thank you.